

Montana School Nutrition Association Conference 2005

COMMODITY FOODS RECIPE CONTEST

The Montana Team Nutrition Program is sponsoring a recipe contest for schools attending summer conference! In order to promote the new Dietary Guidelines and encourage the use of commodity foods, Team Nutrition has chosen *foods made with grains, especially those that include a fruit or vegetable product* as the emphasis of the recipe contest. So dig through that recipe file and get your creative juices flowing!

Entries must be received by May 15, 2005:

Montana Team Nutrition Program

Montana State University

PO Box 173360

Bozeman, MT 59717-3360

(406) 994-5641

Attn: Debi Miller

FAX: (406) 994-7300

debimiller@montana.edu

Of the entries submitted to Team Nutrition, 5 recipes will be chosen by a panel of judges using the following checklist:

CHECKLIST FOR ENTRIES:		
_____	10 points	Use of at least one commodity grain product
_____	10 points	Use of at least one commodity fruit and/or vegetable product
_____	5 points for each	Number of commodity products used in the recipe
_____	10 points	Recipe submitted in a standardized format with portion size and yield
_____	10 points	Meets at least one food component criteria for a menu pattern
_____	0-10 points	Overall impression of recipe—usability, ease of preparation
_____	5 points	Recipe can be made and served at a later date: <i>recipes chosen for the contest will be made a day prior to serving – items that store well are recommended.</i>

The top 5 recipes identified by the panel will be prepared and presented to the Montana School Nutrition Association Conference participants for final judging. *Entrants submitting the five recipes chosen will be responsible for working with the Team Nutrition Program staff to prepare the recipe. Attendees at conference will be the final judges.*

Final judging criteria for conference attendees will include:

- Appearance
- Texture
- Taste
- Usability
- Overall Quality

The winners will be announced at the Team Nutrition Program Luncheon on Thursday, June 23. Certificates of recognition and prizes will be awarded to the winners. **The first place prize will be a paid registration fee for next year's conference.** The recipes will be analyzed for nutritional content, printed, and provided as a resource to other schools.

Examples of commodities that fall into these categories for the 2005-2006 school year include:

Grains: Whole wheat flour Rice Oats Other Baking Items: All-purpose flour Bread flour Processed cheese, shredded Shortening Soybean Oil Vegetable Oil Peanut Butter Sunbutter Bakery Mix	Canned Fruit: Apple slices Applesauce Apricots Mixed fruit Peach slices Pear slices Pineapple tidbits Frozen: Corn Potato Rounds Fries Potato Wedges	Canned Vegetables: Green beans Vegetarian beans Peas Pinto beans Refried beans Corn Salsa Spaghetti Sauce Tomato Paste Tomato Sauce Diced Tomatoes
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Need ideas for recipes? Try these web sites:

<http://www.5aday.com/html/recipes/onthemenu.php>

http://www.nfsmi.org/Information/ccrecipe_index_alpha.html



ENTRY FORM:

Entries due by MAY 15, 2005

Name: _____ Home Phone: _____

Title: _____

School Name and Address: _____

Name of Recipe: _____

Meal Component Category: _____

Description of recipe (this will be used by Team Nutrition judges in determining the top five):

Recipe: you may either use the attached sheet to submit your recipe, or include a copy of your recipe with this form.

Please send entries to: Montana Team Nutrition Program, Attn: Debi Miller Montana State University, PO Box 173360, Bozeman, MT 59717-3360; or fax to (406) 994-7300.

For more information call (406) 994-5641 or e-mail debimiller@montana.edu.

Standardized Recipe Form

Recipe Name _____ Category _____ Recipe # _____ (i.e., entrée, breads)

Ingredients	For _____	Servings	Directions
	Weight	Measure	

Serving Size	_____	Pan Size	_____
Yield	_____	# of Pans	_____
Meal Pattern: _____ _____ Meat/Alternate _____ Grains/Breads _____ Fruit/Vegetable			

Oven Temperature & Baking Time:		
Conventional	Temperature _____	Minutes _____
Convection	_____	_____

If available, Nutrition Analysis:		Serving Size: _____	
_____ Calories	_____ Saturated Fat (g)	_____ Vitamin C(mg)	_____ Vitamin A(Iu) _____ Sodium (mg)
_____ Protein (g)	_____ Total Fat (g)	_____ Fiber (g)	_____ Calcium (mg) _____ Iron (mg)